



**GOING THE DISTANCE,
KEEPING IT REAL
ROM-COM TAKES NEW
APPROACH** {page 11}



BIEBER
**POP STAR SEEKS
BECKHAM DEAL
DISH** {page 23}



VANCOUVER

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Weekend, August 20-22, 2010
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A century of summer fun

► \$6M budget went into 2010 PNE ► PNE contributes \$115M to GDP of Metro Vancouver ► PNE employs 140 full-time staff, 4,000 part-time and seasonal workers



JENNIFER O'CALLAGHAN
VANCOUVER@METRONEWS.CA

The Pacific National Exhibition has always had the reputation of being the most popular ticketed event in the

province, and as it celebrates its 100th anniversary, this year should be no exception.

On average, 20,000 people are expected daily over the 17 days of the fair.

Things will kick off with a parade through English Bay on Friday.

The fair itself will begin on Saturday, headlined by a Bryan Adams concert.

"We've planned all sorts of visual spectacles like the Kaboom show, Superdogs, Peking Acrobats and 17 summer concerts," said Mike McDaniel, PNE president.

Movies

What's on the silver screen?

► A salute to The Exorcist
► Former Frasier star gets Flipped ► Showtimes, reviews and more {pages 11-17}

Bam! Now that's a burger

Emeril calls his baby 'one of the ultimate comfort foods' {page 24}



Search is on for missing hiker

Loved ones paint man as adventurous, experienced {page 2}

No need for changes: Buono

Lions GM standing pat on coaching situation {page 26}

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Kenya Hunt on the former dictator whose "game" with the ladies is like that of a "hormonal 12-year-old."
More at metronews.ca/blogs

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Canadian volunteers work to help Sri Lanka's former child soldiers.

Mural. Hastings



► Through The Eye Of The Raven was unveiled yesterday on the side of the Orwell Hotel in the 400 block of East Hastings.

VANESSA YEE/FOR METRO VANCOUVER

Largest aboriginal mural in West unveiled in DTES

Through The Eye Of The Raven is painted across one side of the Orwell Hotel. It took six artists 30 days to complete. Sharifah Marsden, one of the mural artists, described the painting as a "watchman, someone who watches over people, making sure they are safe." Marsden said the goal of the mural was to "bring beauty to the area and brighten the neighbourhood."

Missing hiker no stranger to woods

► Vancouver man last seen Aug. 10 ► Crews searching for hiker in Squamish area ► Friends say man is well equipped ► Disappearance a surprise because of man's experience, says sister

VANESSA YEE
VANCOUVER@METRONews.CA

A man described as an avid, experienced hiker has been missing for more than a week near Squamish.

Tyler Wright began his hike on Aug. 10 off Boise Creek Trail near Mamquam Pass.

RCMP Cpl. Dave Ritchie

said Wright planned to hike though the mountain ranges down to the Coquitlam-Indian Arm area. Wright's family said he was due to return on Monday and was reported missing two days later.

Family and friends said 35-year-old Wright is an adventurous, physically fit and smart man. He's been hiking on his own for decades said friend

Evian MacMillan. "He has shelter and sleeping equipment with him."

Wright's friend Alan Bedingfield said "it's not unusual for him to go off by himself to get some alone time." Carmen Hebert, Wright's sister, said his disappearance was a surprise. "He knew the outdoors well" as an experienced hiker.

"(The family is) all



► Missing hiker Tyler Wright

hanging in there, just praying for his safe return."

Wright is six feet four inches tall with shaved blonde hair and blue eyes. He was last seen wearing grey pants, a black zip-up sweater, a green T-shirt, a green toque, and a black backpack. If anyone has seen Wright, contact Squamish RCMP at 604-892-6100.

Graveyard cycling through city's past

Vancouverites looking for a unique way to learn about the city's history can bring their bicycles to Mountain View Cemetery on Sunday for a 106-acre tour through some of the 150,000 graves.

"It's another way to learn about Vancouver's history and heritage," said

Glen Hodges, manager of the cemetery.

"You can learn about these people who built Vancouver."

The tour is \$10 — cash only — and begins at 10 a.m. at 5445 Fraser St.

For more information visit vancouver.ca.

● KRISTEN THOMPSON

Lottery site relaunched after breach

B.C. Lottery Corporation's website Playnow.com was relaunched yesterday after privacy commissioner Elizabeth Denham accepted the findings of experts into last month's security breach. Denham said her investigation would continue and a report would be released.

● JENNIFER O'CALLAGHAN

Inquiry on aboriginal death set to resume

The inquiry into the death of Frank Paul is scheduled to resume Nov. 3, 2010.

The Davies Commission is expected to call lawyers from the Ministry of the Attorney General to explain why the Crown decided not to charge the officers involved.

Paul died of hypothermia in December 1998 after police dropped him off in an alley.

During the initial inquiry that began November 2007, the Crown refused to testify based on the principle of prosecutorial independence.

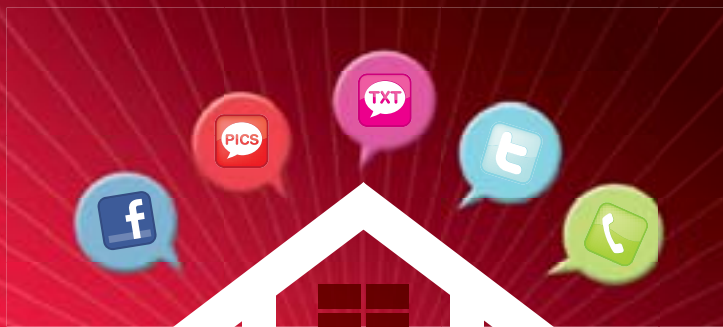
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News in brief

Stab victim should live

ATTACK. A 24-year-old man who was stabbed with a large blade like a machete or sword in Maple Ridge is expected to survive, RCMP said. The victim, who is from New Westminster, is "well known" to police.

Bait cars at this year's PNE

POLICE. Authorities will

be placing bait cars all around the PNE grounds during the fair, which starts on Saturday.

Police say they will also "blanket" the area with undercover officers to reduce vehicle theft and vandalism.

Send them back, many say

POLL. Almost half of Canadians believe the Tamil migrants should be deported, regardless of whether their refugee claims are legitimate, according to an Angus Reid poll.

● KRISTEN THOMPSON

A long time coming for Spandy Andy

▶ Spandy Andy starred in SYTYCD's Vancouver auditions episode



KRISTEN THOMPSON
@METRONEWS.CA

Spandy Andy, arguably Vancouver's most famous busker, said it was painful waiting eight months between his So You Think You Can Dance Canada audition and the airing of the show.

Andy, who performs around town in his signature fluorescent spandex outfits, tried out for Season 3 of the TV show before the Olympics, but the episode didn't air until Tuesday night.

"Everyone kept asking me, 'How did the auditions go?' and you can't say anything," he said.

Andy, who wore gold undies and goggles, said he impressed the judges.

"I just busted out my own style. ... They gave me an A in showmanship."

SPANDY ANDY

"I just busted out my own style," he said.

"They gave me an A in showmanship."

He was sent to the choreography round where dance instructor Blake McGrath wore an "I heart Spandy" shirt, but he didn't make it through to the next round.

"When I first went on the show in Season 2, I went on just to be funny. After that I realized I want to do this ... so I (started) training."

He said plans to audition for Season 4.



▶ Busker Spandy Andy dances on Granville Street.

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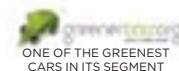
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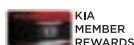


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SCIENCE

Oh, no ... Moon is shrinking

The moon is shrinking, but it won't be disappearing any time soon.

New research is showing cracks in the moon's crust that have formed as the interior has cooled and shrunk over the last billion years or so.

That means the



surface has shrunk, too, scientists say.

"The faults are so young-looking that you can't escape the possibility that this contraction occurred recently, and could indicate that the moon is still active," said Thomas Watters of the Smithsonian.

THE ASSOCIATED PRESS

Bull sees red, leaps into bullfight crowd

MANUEL SAGUES/THE ASSOCIATED PRESS



► Look out! Bull sends spectators running for cover.

► 40 injured in Spanish mayhem

A bull leapt into the packed grandstands of a Spanish bullring and ran amok, injuring 40 people as it charged and trampled spectators, regional officials said Thursday.

Video showed the bull jumping several metres high out of the ring, clearing two barriers before landing in the stands and raising a panic as it lurched through the screaming crowd.

The incident occurred Wednesday during an event attended by about 3,500 spectators, in which mostly young people try to get a bull to charge at them so they can dodge it.

The 500-kilogram animal was brought under control by experienced bull handlers after several minutes at the arena in Tafalla in the northern region of Navarra and killed.

"I was with my friends when the bull jumped over ... I fell to the ground. I got a pretty big fright."

ENEKO GOYENA SESMA, 16

"What could have been a tragedy ended up as a big fright," said Tafalla Mayor Cristina Sota.

The injured included a 10-year-old boy who was in intensive care after the bull reportedly fell on him.

THE ASSOCIATED PRESS



Watch a video of the bull leaping into the stands at metronews.ca/world

Blowing smoke's a film no-no

A new study shows there's less smoking depicted in movies in recent years.

Tobacco use on the silver screen peaked in 2005 and has been on the decline ever since.

Movies last year showed about half the number of smoking incidents as films four years earlier.

THE ASSOCIATED PRESS

Man, 44, faces child porn rap

Police say a 44-year-old man from Bowmanville, Ont., is facing child pornography charges for allegedly pretending to be a 17-year-old during online conversations.

Officers allegedly discovered images of child sexual abuse available over the Internet.

THE CANADIAN PRESS

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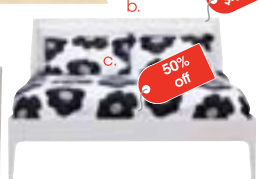
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Intel agrees to buy McAfee for \$7.68B

► Future is in security, says chip-maker ► Deal positions Intel to expand in smartphone market ► Looking to combine hardware, software

Intel Corp. said Thursday it is buying computer-security software maker McAfee Inc. for \$7.68 billion US as the chip-maker adds to its arsenal of tools to serve an increasing array of Internet-connected devices, including mobile phones.

The \$48-per-share price represents a 60 per cent premium over McAfee's Wednesday close of \$29.93.

McAfee shares surged 58 per cent after the deal was announced Thursday to hit \$47.42 in premarket trading. Intel shares slipped 2.5 per cent to \$19.11.

Intel, which is based in Santa Clara, Calif., said security is now a fundamental component of online computing, but today's approach to security isn't ad-



► Intel CEO Paul Otellini

equate for the growing availability of Internet connections on mobile phones, medical devices, ATMs, automobiles and elsewhere.

"Looking forward, security will [be] a third pillar of what people demand from all computing experiences," Intel CEO Paul Otellini said.

THE ASSOCIATED PRESS

NYSE: Expendables



► The Expendables: from left, Jason Statham, Sylvester Stallone and Terry Crews.

SETH WENIG/ASSOCIATED PRESS

Mission accomplished

Cast members of the movie *The Expendables* ring the opening bell at the New York Stock Exchange in New York yesterday.

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► In this file photo, an auto show worker cleans the hood of a 2011 Chevrolet Corvette ZR1. General Motors has filed the first batch of paperwork needed to sell stock to the public, a step that brings the automaker closer to shedding government ownership.

GM hoping investors will see potential

► Latest CEO takes over for outgoing Ed Whitacre in September ► Historically, GM stock has beaten market

Would you buy stock in a company that has hemorrhaged tens of billions of dollars for years and run through four bosses in quick succession just because it's turned a profit for a few months?

That is essentially what General Motors will ask investors to do when it takes itself public again with one of the largest initial stock offerings ever. With the stock market already on edge, it's a lot to expect.

12M

The number of vehicles industry analysts predict GM will sell next year, with predictions of about 14 million in 2013.

The good news: Long-time investors say buying during bad times is the best way to make money with auto stocks, provided

you have a stomach of steel.

"The stocks look expensive when profits are low, but that's traditionally when you should get in," says Standard & Poor's analyst Efraim Levy.

The company earned \$1.3 billion from April through June, its second profitable quarter in a row and a remarkable turnaround since its 2009 bankruptcy.

THE ASSOCIATED PRESS

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► Mike McDaniel

5 MINUTES WITH: MIKE MCDANIEL

The Pacific National Exhibition is kicking off its annual 17-day fair Saturday and like every year, there will be no shortage of visual spectacle.

PNE president Mike McDaniel talked to Metro about how the iconic fair has maintained its popularity for 100 years.

What's new with the PNE this year?

We wanted to make things extra special, starting with our parade on Friday evening, which will start off at English Bay. It'll have Macy's Day-style floats and highlight all the iconic

events we've hosted in Vancouver. We've also got Bryan Adams and the Beach Boys opening things on Saturday, and then 17 concerts free with admission.

Last year our venue was overflowing, so we've expanded our concert area from 7,000 to 11,000 seats. Our entertainment budget this year is just over \$6 million.

How has the PNE affected the city over the past 100 years?

We've helped shape the development of Vancouver for sure. Back before we had Twitter and cellphones,

events like these were what truly brought people together to talk, to be entertained and educated. Back then, that was the only way. Through the '30s, '40s, and '50s, fairs like the PNE were the engagement of entertainment.

How has the PNE maintained its popularity over time?

It's a challenge, but a lot of it is the combination of what we choose to do, when we choose to do it and how we do it. We research things every year and see what's out there and keep informed on what's up and coming for

the next year. Our event is really an orchestra of things. We try to mix tradition with modern to keep our balance. The combination of every demographic, every walk of life, every age group — that's the magic of how we stay relevant. The cost of admission in 1910 was 50 cents.

How does that compare to today?

Fifty cents wouldn't cover taxes on a ticket today. The cost today is \$15, and I love that someone can pay that on a ticket and get eight or nine hours of fun out of it.

● JENNIFER O'CALLAGHAN

Cartoon

MICHAEL DE ADDER



Letters & Tweets

We asked: Buying your own engagement ring: Girl power or desperate act?

TORONTO. For myself, I would have to say girl power cause I'm going out tonight to buy my engagement ring.

My boyfriend has given me the money for it and all and, as he put it, he wants to make sure that it's the ring that I want as he knows that I'll be the one to wearing it, not him.

TINA SPRAGG

EDMONTON. @DT_princess a girl buying her own engagement ring? Desperate. Where's the

6.5-carat commitment

TORSTAR NEWS SERVICE



chivalry? Romance? Bah. =>

We asked: What reality show would you like to go on?

TORONTO. The reality TV show I would like to go on is The Bachelorette, The Bachelor, Big Brother, Amazing Race and Beauty and the Geek if it still airs. The reason is that I

like to go on TV for the first time, get some exposure, and find the right girl to be my future wife on the Bachelorette or the Bachelor.

Also to see the world on the Amazing Race and to attract a beautiful model-like girl that can help me be a sociable guy and I can help her intellectually.

SIMONS GORDON

What's your all-time favourite action movie?

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Metro Minute with adult-only science

Too busy being a grown-up during the day to come play at the TELUS World of Science?

Leave the kids at home this evening and head to Science World After Dark for some "grown-ups only" fun.

This week they're bringing out the mad scientists in all of us with science of beer brewing experiments

in the Eureka! lab, as well as improv performances and an adult science show with comedian Kyle Bottom.

Adult-only style beverages will also be available for purchase.

Science World After Dark starts at 7 p.m. Tickets are \$19.75 and can be bought at the door or online at scienceworld.ca.

● JENNIFER O'CALLAGHAN

Three days to play

THE PNE THROWS OPEN THE DOORS ON ITS 100TH FAIR ON SATURDAY. WHAT IS YOUR FAVOURITE PNE FOOD?



Helena Huen

VANCOUVER

My favourite PNE fair food is definitely churros.



Kam Bains

VANCOUVER

I like mini doughnuts. They're the best.

► Phone sex, assumed infidelity – romantic comedy *Going The Distance* takes on highs and lows of long-distance relationships ► Director Nanette Burstein's background in documentary, Justin Long and Drew Barrymore's chemistry added to film's natural feel



► Real-life lovers Justin Long and Drew Barrymore star in *Going The Distance*, in theatres next week.

Going The Distance and keeping it real



Next weekend *Going The Distance* — yet another star-studded romantic comedy — will be hitting screens headlined by Drew Barrymore and Justin Long.

However, the movie might catch some people off guard as it's a far more realistic representation of a relationship than audiences are used to from the genre.

"A lot of romantic comedies are fairy tales which are fun to watch, but I real-

ly wanted to make a film that was more grounded," director Nanette Burstein told Metro.

She's an interesting choice to infuse the rom-com with realism as well, given that Burstein's previous experience has been in documentaries including the Oscar-nominated *On The Ropes* and *American Teen*.

"Ever since film school I've wanted to make non-fiction and fiction movies," revealed the director. "I've been reading a lot of different scripts from the studios

to direct and I really responded to this. I loved the tone, the honesty, the humour."

Going The Distance is about a seemingly ideal couple who live on opposite sides of America. Obviously that leads to misunderstandings and a variety of zany shenanigans involving phone sex and mistaken infidelity. But there's also a lot of anger, frustration, and emotion that grounds the film with some surprisingly harsh realities.

For Burstein, making the film as realistic as possible

was of vital importance and it even led to shooting scenes with her two stars in New York unannounced and without a crew as if it were a documentary.

"We were so stealth and had such small cameras that people didn't even realize that Drew and Justin were there. Most people just walked by, which was exciting for the actors."



For trailers, photos, screen times and tickets, visit metronews.ca/movies



Burstein in her own words

On choosing real-life couple Drew Barrymore and Justin Long

"I deliberately chose a real couple because they had such a wonderful natural chemistry together and also because the movie has a lot of comedy in it involving things like phone sex and sex on a dining room table. So it was great to have two actors who felt so comfortable with each other. That way they could just really go for it with the comedy."

On Justin Long's curious work habits

"Justin couldn't stop getting naked on set with Drew. He seemed to love it."

How documentaries prepared her for fiction

"There was actually a lot that I could draw upon, primarily from being able to draw a story out of life. As a fiction director, especially when you're helping develop the script or rewriting it on set, I think your sense of story is really important. Also knowing how to make people very comfortable on camera. Helping real people feel comfortable on camera isn't that different from helping actors feel very natural on camera."

2 scene

In brief



Despite two years of low ratings, the Grammy nominations will once again be unveiled in a prime-time special. The Recording Academy this week announced a Dec. 1 live broadcast of the nominations. THE ASSOCIATED PRESS



Standup uses a Net for fearless, caustic humour on Comedy Central's *Tosh 2.0*

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Christy Lemire, ASSOCIATED PRESS

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WEEKEND, AUGUST 20-22, 2010

Salute goes to

► Eli Roth film exploring idea of demonic possession



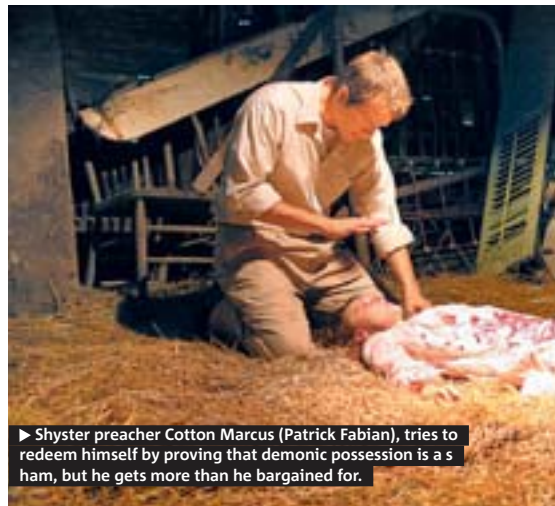
CHRIS
ALEXANDER
FOR METRO CANADA

Though he's known primarily as the gorehound enfant terrible behind the controversial Hostel films, filmmaker Eli Roth is not an easy artist to pigeonhole.

Outside of writing and directing both the grisly Hostel — and its even more gruesome sequel — Roth has worked as an actor for his friend and collaborator Quentin Tarantino in both Death Proof and Inglourious Basterds, and now, Roth steps back to quietly pull the producers strings in director Daniel Stammers' hotly anticipated thriller The Last Exorcism.

"I always wanted to make a movie about demonic possession and exorcism," says Roth, in Toronto recently to promote the film.

"But how do you top The Exorcist? That was the



► Shyster preacher Cotton Marcus (Patrick Fabian), tries to redeem himself by proving that demonic possession is a sham, but he gets more than he bargained for.

question and the answer is, you can't. But what you can do and what we've done here is make a great movie that acknowledges The Exorcist without imitating it."

Shot in first person style, the film stars veteran char-

acter actor Patrick Fabian (Big Love) as shyster preacher Cotton Marcus, who is trying to redeem himself by proving that demonic possession is a sham.

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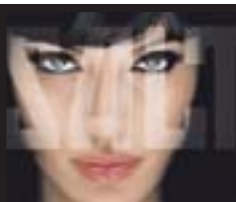
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The Exorcist

► 'What we've done here is make a great movie...'



documentary crew, Marcus travels to the backwoods of nowhere to exorcise a young farm girl (Ashley Bell).

He gets more than he bargained for.

"The beauty of shooting

in first person, fake documentary format is that you can strip away the make-up effects," the producer admits.

"It's effective and further blurs the line between the natural and the supernatu-

ral. There's a compelling clash between science and religion at play here and the audience is left guessing if the girl is possessed or is just mentally ill."

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Frasier star connects with '60s in Flipped

John Mahoney played Kelsey Grammer's dad in hit TV series Actor preferred intuition to research while developing character for film



Best known for his role as ornery Martin Crane on the long-running *Frasier*, John Mahoney has been a staple of film, TV and theatre — he got his start at Chicago's Steppenwolf Theatre — for decades.

And though he celebrated his 70th birthday in June, Mahoney is still at it, with roles on *Burn Notice* and *In Treatment* and as wisdom-dispensing grandfather Chet Duncan in Rob Reiner's new coming-of-age film, *Flipped*. Mahoney sat down with Metro to talk about how an actor prepares, balancing stage and screen work and the appeal of the early '60s.

How did you go about developing your character for *Flipped*?

I looked for what his flaws would've been, and I tried to layer in there that he liked to give a little advice — and we all do, no matter what generation it is. You know, 'When I was a kid, when I was this, when I was that. We never did that,' or 'We knew how to behave.' But I just tried to make him as human as I



John Mahoney stars with Madeline Carroll in *Flipped*.

could by layering in real or imagined self-aggrandizing more than anything else.

But that was about it. I couldn't put in any deep, dark secret past in there because I just don't think there was one. I didn't want to manufacture anything.

How much work do you do figuring out a character's backstory?

You know, all actors work in different ways, and a lot of people do a lot of research. I don't, to tell you the truth. I read the script

and I memorize the lines, and then I think a little bit about the character. But I like to act intuitively. I like to just see what happens. I like to see how a line is said to me before I determine how I'm going to reply to that line. So it's always new to me, whether it's stage or screen or television.

The book *Flipped* is based on isn't set in the 1960s, but the movie version is. Why do you think there's been so much fascination with that time period lately?

I don't know what it is. I think in the case of *Flipped*, the innocence of the period. It was just before so many cataclysmic things were happening — assassinations and invasions — I just think [director] Rob [Reiner] was looking for a beautiful time that he could explore innocence and decency before the world went crazy and before we became so technologically obsessed and everything else. I mean, it was such an innocent age when you look back on it.

"ONE TERRIFIC COMEDY. YOU WILL LOVE THIS MOVIE!"
Jason Bateman and Jennifer Aniston are great together.

Pete Hammond, BOXOFFICEMAGAZINE



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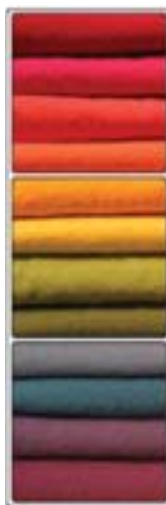
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Not much to turn on

The Switch

Genre: Comedy

Directors: Josh Gordon, Will Speck

Stars: Jennifer Aniston, Jason Bateman

🍿🍿

Well, two months have gone by so it's time for another Jennifer Aniston date movie! As you'd expect from anything starring the haircut from Friends, it's pretty bland and inoffensive (despite what Bill O'Reilly says). The movie does have three solid comedic actors to carry the laughs, but there's nothing that will appeal to anyone outside of the date movie crowd.

Jen wants to have a baby, so she goes for artificial insemination. Jason Bateman plays her best friend and secret lover who



switches in his semen after some booze. Years goes by and she returns with a kid who acts an awfully lot like the main character from Arrested Development. Think they'll get together? Hmm...

The movie plays out exactly as you'd expect. The only surprise is that Bateman makes his character

work as do Juliette Lewis and Jeff Goldblum in the required best friend roles. It's OK for a cheesy rom-com and maybe even a little better than most. But that's not saying much. If you want a gentle chuckle with a happy ending and no risks, then The Switch is for you.

● PHIL BROWN

Lottery Ticket

Genre: Comedy

Director: Erik White

Stars: Ice Cube, Bow Wow

🍿

You have to hand it to Lottery Ticket — the film at least has a fairly decent premise. Even if it is slightly familiar. Kevin (rapper turned actor Bow Wow) is an honest kid just trying to get by in a bad neighbourhood. But when Kevin suddenly wins millions in the Friday lottery, he must survive the weekend to cash in the lucky ticket. The only real people Kevin can seemingly trust are his protective best friend (Brandon T. Jackson), a platonic gal pal and a reclusive ex-fighter (Ice Cube) who hasn't left his basement apartment in 20 years.

● STEVE GOW



Nanny McPhee Returns

Genre: Family

Director: Susanna White

Stars: Emma Thompson

🍿🍿🍿

Emma Thompson returns to her favourite snaggle-toothed character once again in Nanny McPhee Returns — a sequel of sorts to the Oscar-winning star's 2005 hit feature.

Originally based on a series of children's books, Thompson (who also wrote the script) crafts an original story based on author Christianna Brand's popular character. In this version, the frightfully unbrowed nanny with

magical powers helps a family trying to keep their struggling farm out of deadbeat Uncle Phil's (Rhys Ifans, excellent as usual) prying hands while the head of the household is off fighting for his country during World War II.

While some may argue period films are typically unappetizing to younger audiences, Thompson draws a clever script that balances a great amount of wit, fantasy and tenderness quarterbacked by the Mary Poppins-like caregiver.

● STEVE GOW

Mesrine: Killer Instinct

Genre: Action

Director: Jean-Francois Richet

Stars: Vincent Cassel

🍿🍿🍿

Vincent Cassel is a superstar in France whose status sadly never crossed the pond. Mesrine is a huge two-part crime epic made to capitalize on his

fame and acting ability that delivers more thrills, kills, bloody spills, and disturbing drama than a dozen Hollywood crime movies. This first chapter chronicles real life criminal Jacques Mesrine's rise through the French underworld in the 1960s.

● PHIL BROWN

The Disappearance of Alice Creed

Genre: Thriller

Director: J. Blakeson

Stars: Gemma Arterton

🍿🍿🍿

An almost unbearably tense film about a young woman's kidnapping by two men First time

writer/director J. Blakeson crafts his story with a firm grasp of suspense and careful characterization. Each actor is given a strong role to chew on and delivers a remarkable performance (particularly Gemma Arterton).

● PHIL BROWN

Joan Rivers: A Piece of Work

Genre: Documentary

Directors: Ricki Stern, Anne Sundberg

🍿🍿🍿

The title suggests what we suspect, that as funny as Joan Rivers is, she harbours a dark side that will claw

its way to success, grinding to powder anything in her path. True in a way. In this excellent documentary by Ricki Stern and Anne Sundberg, Rivers is shown as sad, angry, frustrated and fearful and chronically disappointed in herself.

● ANNE BRODIE

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Emma Thompson

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Journey to Mecca in the Footsteps of Ibn Battuta (STC) A.M. Fri-Thru 11
The Ultimate Wave Tahiti (STC) Fri-Thru 1-5

CN IMAX THEATRE

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4555 Dunbar Street, 604-222-2991

Despicable Me (G) Fri-Thru 2:15-4:15
Inception (PG) Fri-Thru 7:10

FIFTH AVENUE CINEMAS

2110 Burrard Street, 604-734-7469

I Am Love (14A) Fri-Tue 1:45-4:15-6:50-9:15
 Wed 1:45-4:15-9:15 Thu 1:45-4:15-6:50-9:15
Inception (PG) Fri-Thru 1:47-9:55
Joan Rivers: A Piece of Work (PG) Fri-Thru 1:30-3:30-5:30-7:30-9:30
The Kids Are All Right (14A) Fri-Thru 1:15-3:45-7:10-9:25
The Switch (PG) Fri-Thru 2:40-3:20-7:20-9:40

GRANVILLE

855 Granville St., 604-684-4000

Charlie St. Cloud (PG) Mon-Thru 5:40-8:10
Farwell (STC) Sun 9:35 Mon-Thru 5:25-8:15
The Girl Who Played With Fire (18A) Fri 6:40-9:25 Sat-Sun 1:05-3:50-6:40-9:25 Mon-Thru 5:35-8:20
The Girl With the Dragon Tattoo (18A) Fri 8 Sat-Sun 1:15-8 Mon-Thru 8
The Kids Are All Right (14A) Fri 9-20 Sat-Sun 1:15-4:10-7:20 Mon-Thru 5:45-8:05
Predators (18A) Fri 6:55-9:40 Sat-Sun 1:20-3:55-6:55-9:40 Mon-Thru 5:50-8:30
The Twilight Saga: Eclipse (PG) Fri 6:45-9:25 Sat-Sun 1:10-4:45-9:25 Mon-Thru 5:30-8:25

HOLLYWOOD THEATRE

3123 W. Broadway, 604-738-3211
 hollywoodtheatre.ca

Mao's Last Dancer (G) Fri 7:30 Sat-Sun 1:30-7:30 Mon-Thru 7:30
Max Manus (14A) Fri 9:40 Sat-Sun 3:40-9:40 Mon-Thru 9:40

OAKRIDGE

650 West 41st Ave., 604-263-1944

The Expendables (18A) Dolby Stereo Digital Fri 4:30-7:30 Dolby Stereo Digital Sat-Sun 2:40-5:30-7:30 Dolby Stereo Digital Mon-Thru 4:30-7:30
Nanny McPhee Returns (G) DTS Digital Fri 4:40-6:45-9:15 DTS Digital Sat-Sun 2:15-4:40-6:45-9:15 DTS Digital Mon-Thru 4:40-6:45-9:15
Vampires Suck (PG) DTS Digital Fri 4:50-7:15-9:40 DTS Digital Sat-Sun 2:30-4:50-7:15-9:40 DTS Digital Mon-Thru 4:50-7:15-9:40

PACIFIC CINEMATHEQUE

1131 Howe Street, 604-688-3456
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Cannibal Girls (14A) Fri 7:15 Sat 6:30-10 Sun 9
Desert Fury (STC) Wed 9:05
House (STC) Fri 9 Sat 8:15 Sun 7:15
Lady in the Lake (STC) Mon 7 Thu 8:50
No Films Showing Today (STC) Tue
Shadow of a Doubt (STC) Mon 9 Wed 7
Where the Sidewalk Ends (STC) Thu 7

PARK THEATRE

3440 Cambie Street, 604-876-2747

Eat Pray Love (PG) Fri-Thru 1:47-9:50

RIDGE THEATRE

3131 Arbutus Street, 604-738-6311

Animal Kingdom (14A) Fri 4:7-9:20 Sat-Sun 1:30-4:7-9:20 Mon-Thru 4:7-9:20

RIO ON BROADWAY

1660 E. Broadway, 604-878-Film
 notheatre.ca

Dead on Film Zombie Competition (STC) Fri 12
Piranha 3D (18A) Fri-Thru 4:30-7:30

SCOTIABANK THEATRE VANCOUVER

900 Burrard St., 604-630-1407

Dinner for Schmucks (PG) Fri-Thru 1:10-4:10-7:40-10:45
Eat Pray Love (PG) Fri-Thru 12:30-6:40-10:10
 Fri-Thru 12:30-3:40-7:30-10
The Expendables (18A) Fri-Thru 1:47-20-10:20
Inception (PG) Fri-Sun 12:15-2:30-3:45-6:30-7:10-10:15-10:40 Mon-Thru 12:15-3:45-7:10-10:40
Piranha 3D (18A) Fri-Thru 12:10-2:25-5:30-7:30-10
Salt (PG) Fri-Thru 12:50-3:50-6:45-9:40
Step Up 3D (PG) Fri-Thru 12:40-3:30-6:50-9:50

TINSEL TOWN

International Village, 88 West Pender, 3rd floor, 604-806-0799
 cinemakm.com

Despicable Me 3D (G) Fri-Thru 12:05-2:30-5:05-7:25-9:50 Wed 12:05-2:30-5:05-7:25-9:50
The Disappearance of Alice Creed (14A) No Passes Fri-Thru 12:20-2:40-5:10-7:35-10
Get Low (PG) Fri-Thru 12:25-3:30-8-10:25
Lottery Ticket (PG) No Passes Fri-Thru 12:10-2:35-4:55-7:20-9:45
Mesrine: Killer Instinct (14A) No Passes Fri-Thru 1:55-4:35-7:15-9:55
Nanny McPhee Returns (G) No Passes Fri-Thru 1:50-4:30-7:05-9:40
The Other Guys (14A) Fri-Thru 2:20-5:7-40-10:20
Scott Pilgrim vs. the World (PG) No Passes Fri-Thru 12:50-2:10-3:40-5:10-6:40-7:30-8:50-10:10
The Switch (PG) No Passes Fri-Thru 12:15-2:45-5:15-7:45-10:15
Tory Story 3 3D (G) Fri-Thru 1:40-4:25-7:35-10:25
Vampires Suck (PG) No Passes Fri-Thru 12:15-2:45-5:15-7:45-10:15
The Twilight Saga: Eclipse (PG) Fri-Thru 12:15-2:45-5:15-7:45-10:15
Vampires Suck (PG) No Passes Fri-Thru 12:15-2:45-5:15-7:45-10:15
The Twilight Saga: Eclipse (PG) Fri-Thru 12:15-2:45-5:15-7:45-10:15

VANCITY THEATRE

Vancouver International Film Centre
 1181 Seymour Street,
 604-683-Film
 vifc.org

Cemetery Junction

(STC) Fri-Sat 6:30 Sun 5-8:15 Mon-Wed 8:30

Idiocracy

(STC) Fri-Sat 8:15 Sun 6:45 Tue 8:15

No Films Showing Today

(STC) Thu

Stones in Exile

(STC) Fri 9:45 Mon 8:15 Wed 8:15

VAN EAST CINEMA

2290 Commercial Drive, 604-251-1313
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The Expendables (18A) Fri 7:9 Sat-Sun 5-7:9 Mon-Thru 7:9

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Cats & Dogs: The Revenge of Kitty Galore (G) Fri-Sun 1:20-3:30 Mon-Thru 3:30
Eat Pray Love (PG) No Passes Fri-Sun 12:30-3:40-6:45-9:50 No Passes Mon-Thru 3:40-6:45-9:50
Inception (PG) Fri-Sun 1:41-8 Mon-Thru 4:15-8
Nanny McPhee Returns (G) Fri-Sun 12:45-3:20-7:25 Mon-Thru 3:20-7:25
The Switch (PG) Fri-Sun 1:30-4:15-9:55 Mon-Thru 4:15-9:55
Tory Story 3 (G) Fri-Sun 1:10-3:7-10-9:35 Mon-Thru 3:50-7:10-9:35

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The Other Guys (14A) Fri-Thru 1:30-4:6-50-9:40
Piranha 3D (18A) Fri-Thru 1:40-4:10-7:15-9:50
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Mix of Six

Bicycle Tour

Go back in time 124 years with a bicycle tour of Mountain View Cemetery.

Tickets are \$10, those 15 and under are free. Tour begins at 10 a.m., Sunday starting at Celebration Hall

at 5445 Fraser St.

Science World

Enjoy a night of science for

adults only on Friday from 7 to 10 p.m. at Telus World of Science. Learn about the science of beer brewing, enjoy a hilarious science show, and prepare for explosions. Tickets are \$19.75.

Jelly Fish

Come see the cross jellies and anemones exhibit at the Vancouver Aquarium. These jellies are only here until late fall. Visit vanaqua.org for more information.

Jerry Seinfeld

Just for Laughs Live is bringing Jerry Seinfeld's stand up act to the Queen Elizabeth Theatre on Friday, his first performance in Vancouver in six years. There will be two shows, 7 and 9:30 p.m. Buy tickets online at ticketmaster.ca

B.C. Binning House

The Land Conservancy of B.C. offers guided tours of the B.C. Binning residence on Saturday at 11 a.m. and 2 p.m. The West Vancouver house



► Jerry Seinfeld plays the Queen Elizabeth Theatre Friday.

(2968 Mathers Cres.), designed by artist and architect B.C. Binning in 1941, is a national historic site and a groundbreaking early example of West Coast architecture. Admission is by donation, but registration is required. Visit conservancy.bc.ca.

Doobie Brothers

For over three decades fans have been 'Listening to the Music' of the Doobie Brothers, one of the most popular bands in rock history. Get nostalgic Friday as they play their hits at the River Rock Show Theatre in Richmond. Buy tickets online at ticketmaster.ca

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Rolling Stone

Magazine

The music magazines gets soaked in blood for its newest edition, with a cover featuring True Blood's Alexander Skarsgard, Anna Paquin and Stephen Moyer. The TV threesome are naked, except for a few blood spray patterns. The article inside reportedly offers True Blood creator Alan Ball's thoughts about vampire sexuality.



Big Pony

Beauty

What kind of passion do you represent: Sport, seduction, adventure, or maybe style? Ralph Lauren now has a scent for you, with its new line of fragrances to appeal to a younger, 20- or 30-something generation. The bottles are numbered and come in bold primary colours.

bigponyfragrances.com

7th heaven

City Island

DVD

Andy Garcia's crowd pleasing City Island comes to DVD and Blu-Ray on Tuesday. Set in a quaint fishing community on the outskirts of New York City, the movie stars Julianna Margulies, Academy Award-winner Alan Arkin, and Emily Mortimer.

Wake Up or Die Poor

Books

Unsure what to do with your finances? Author Christina Quinn offers up some advice on how to get your disposable income working for you in her new book. She wants you to think of yourself as a business, with rules designed to make sound financial and purchasing decisions.

Man of Steel

Comics

Fans of the Superman will want to pick this up. This A-to-Z look at everything from Abdul (a genie who emerges

from a lamp found by Jimmy Olson) to Zynthia (a character in the



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Xacti

Superboy (comics) is essential reading and offers interesting insight into characters and storylines.

Telephone, the Office Version

Pop Culture

Lady Gaga's popular song got a nine-to-five makeover with an office-based parody. Instead of Gaga being led to

SANYO

Anytime,
Anywhere, Xacti

a prison cell, a look-a-like is escorted to a cubicle. The lyrics has also received a makeover: "Just a week / vacation and I know where I would be / Party in New Delhi / With our outsourced I.T." ● METRO

Metro
pick

JEROD HARRIS/GETTY IMAGES



► Natalie Portman stars in Black Swan

Black Swan
trailer now
online

Movies

It won't be in theatres until later this year, but the trailer for director Darren Aronofsky's new film, Black Swan, is now

on YouTube. The film about a ballerina has a little bit of everything; dance, sex, and even demons. This is Aronofsky's follow-up to The Wrestler and it stars That '70s Show's Mila Kunis and Academy Award nominee Natalie Portman. ● METRO

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Cops for Cancer: Canadian Cancer Society Spinning Event

SUNDAY, AUGUST 22
2 pm - 4 pm (700 Block)
Jungle Swing featuring The Company B Jazz Band
4 pm - 6 pm (700 Block)
BC Swing Dance Club: Dancing on Granville Street

THURSDAY, AUGUST 26
7 pm - 9:30 pm (700 Block)
FOX Summer Concert Series

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SUNDAY MONDAY

MUCH CTV

TV watch list

SCI FI. Ed Harris stars as a crew investigates a mysterious nuclear submarine crash in *The Abyss*. (Friday, Movietime)

CLASSICS. Bunker down for an all-day marathon of Paul Newman films, beginning with 1956's *The Rack* and continuing with *The Sting* and *Cool Hand Luke*. (Saturday,

Turner Classic Movies)
DRAMA. It's a triple bill of Matt Damon films, beginning with his Oscar-winning breakthrough *Good Will Hunting*. (Sunday, Showcase Diva)



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► Sherri Shepherd will host next season's *The Newlywed Game*, which will air on the GSN channel in November.

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Shepherd does double duty

► The actress-comedian signs on to host *The Newlywed Game*, and keep *The View*

Sherri Shepherd is going to be on view even more starting this fall.

Shepherd, co-host of the daytime talk show *The View*, will join *The Newlywed Game* as host when it begins its fourth season on the GSN channel in November.

"Who does not love *The Newlywed Game*?" Shepherd said Wednesday. "I've been a fan since I was young, when my grandma would have soap operas on one TV and *Newlywed Game* on another."

The GSN show, which was hosted by Carnie Wilson, will tape 65 episodes with Shepherd beginning in September.

The season starts Nov. 1, with the show airing 6 p.m. EST Monday through Friday.

Production on *The Newlywed Game* is moving from Los Angeles to New York, where Shepherd tapes ABC's *The View*.

She said she doesn't foresee any problem balancing work on the two daily shows and sees *The Newlywed Game* as providing a welcome change.

"I get to have fun. I'm not going to be arguing

with anybody about whether we should pull the troops out of Afghanistan,"

Shepherd said.

The actress-comedian is also completing work on *One for the Money*, a film

starring Katherine Heigl and based on the Janet Evanovich novel, and will be back on NBC's *30 Rock* in the recurring role of feisty Angie Jordan, wife of TV star Tracy Morgan. (Tracy

"I love to work. If I'm not working, I'm going to get pregnant," joked Shepherd, who has a 5-year-old son.

The Newlywed Game, based on the game show that debuted in the 1960s

with host Bob Eubanks, gives three couples the chance to win prizes by showing how much each knows about their new spouse.

Shepherd's advice for the contestants?

"I'm gonna tell the women you better make those men feel like they're on top of the world" whether they have the right answers or not, she said.

"Otherwise, you're gonna be dealing with a pouting man."

A celebrity edition of the show last season featured its first gay couple when George Takei, who played Mr. Sulu on *Star Trek*, appeared with his partner, Brad Altman. The couple wed in California in 2008 when same-sex marriage, now back in the courts, was legal.

THE ASSOCIATED PRESS



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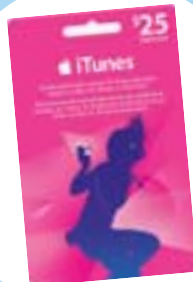
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Biebs wants to make a deal with Beckham

► Pop star willing to put on a private show for the soccer star's kids in exchange for dribbling lessons.



GETTY IMAGES

Teen pop sensation Justin Bieber knows how to negotiate. He's

learned that David Beckham's three sons are huge fans of his music, so Bieber is looking to use that to his advantage. "I am sure he would do anything to make his three boys happy, and if I am their favorite artist I would happily come and put on a private show at the Beckham household," Bieber tells

the Sun newspaper. "All I would ask for in return is that we go into his yard for an hour afterwards and he teaches me all those crazy things he can



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do with a soccer ball."

● METRO WORLD NEWS

Talking points

The high price of vanity

HEH. Jennifer Aniston and Liv Tyler are topping a list of celebrities done wrong by Beverly Hills salon owner Gabriella Perez, who is accused of ripping off her clients' credit card information and "fraudulently [charging] approximately \$280,000 worth of charges in a one year period," according to an affidavit obtained by TMZ.

Hermione's hand-me-downs

DESIGNING WITCHES. Harry Potter star Emma Watson is moving into fashion design, having helped create the 2011 line for British fair-trade clothing line People Tree, according to People magazine. And she's getting a high-profile launch for her work as well, as the line will

debut at an eco event next month hosted by Prince Charles.

● METRO
WORLD
NEWS

Celebrity tweets



Milla Jovovich
[@Milla-Jovovich]

This is hilarious! I've got 2 ppl putting a wig on me, 1 girl doing the nails on my left hand and I'm typing w my right! I shld go! Lol!



Matt-Perry
[@langfordperry]

Recommendation for you gamers out there... alpha protocol on xbox. Closest thing to fallout 3 I have found. And that is high praise indeed.



Christina Apple-gate
[@1Capple-gate]

Got really excited to organize my closet, woke up 2 hours later face planted on the couch...how does this happen?



Neil Patrick Harris
[@Actual-lyNPH]

Rumor Watch 2010: I'm absolutely not leaving LA or the business. Errant reporting, Popeater. Total bunk. Oh, and good morning everyone!

Lohan lobbies for early rehab exit; dad likes idea

Lindsay Lohan's lawyer, Shawn Holley Chapman, met this week with the new judge in her client's case to lobby for an early release from rehab, and Lindsay's dad, Michael Lohan, thinks that's a great idea, he tells Hollyscoop.

"UCLA's program does

not offer the treatment Lindsay needed or needs," he tells the Web site.

"Yes, Lindsay should get out of UCLA, but she needs to go into a program and get family therapy to resolve the issues that caused her problems."

● METRO WORLD



GETTY IMAGES



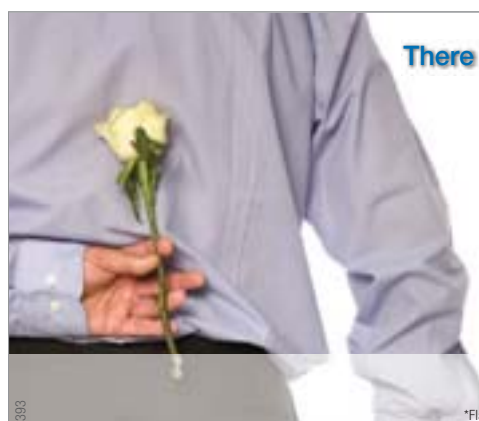
Poorly qualified celeb with a fashion line. How novel!

Ricky tells all

ME, ME, ME. Ricky Martin has picked an appropriate title for his autobiography: Me.

The Puerto Rican singer is set to release his memoir on Nov. 2. It will also be released in Spanish the same day. That edition will be titled Yo, which is Spanish for I and me.

Martin has said that preparing to write the book was one of the reasons he decided to reveal earlier this year that he is gay. **THE ASSOCIATED PRESS**



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3 life



Superfood

Yes we love them coated in crunchy toffee or peppered in salt at the movies (washed down with a super size coke) but U.S. researchers claim that Popcorn is actually good for you. Plain popcorn (minus toffee & Co) is packed full of the antioxidant polyphenol, known to have positive effects in helping to fight heart disease and cancer, according to the study.

ROMINA MCGUINNESS



Low-income women at greater risk for diabetes than high-income women: Study



► Emeril Lagasse's Bam Burger With Chipotle, Tomato and Lime Aioli



BAM! It's Lagasse's flavourful burger

You have to work hard to create a burger that lives up to the catchphrase "Bam!"

And Emeril Lagasse has done just that, offering AP's 20 Burgers of Summer series a seriously over-the-top 250-gram (1/2-pound) burger of prime ground chuck topped with a round of fried mozzarella cheese and drizzled with chipotle, tomato and lime aioli.

"I wanted a balance of texture and flavour in achieving one of the ultimate comfort foods," Lagasse said in an email interview. "I loved the idea of combining a rich fried cheese with prime chuck and the spicy aioli."

Chipotle, Tomato and Lime Aioli

Start to finish: 5 minutes
In a blender, combine all ingredients and purée until smooth. Store in an airtight container and refrigerate for up to five days:
MAKES 125 ML (1/2 CUP).

Fried Mozzarella Rounds

Start to finish: 30 minutes (10 minutes active)
In a wide, shallow bowl, place flour. In a second wide, shallow bowl, whisk together eggs and milk. Place panko in a third wide, shallow bowl.

One at a time, dredge each slice of cheese through flour, shaking off excess, then dip into egg mixture, coating thoroughly. Place slices in panko and

coat evenly on both sides. Pass each slice through egg mixture a second time, then again through panko. Line a sheet pan with parchment paper. Arrange cheese slices on it, then place in the freezer for 20 minutes.

In a medium sauté pan over medium-high, heat oil. Add breaded cheese slices, in batches if necessary, and fry each for about 2 1/2 minutes on the first side, then 1 1/2 minutes on the second side. Move cheese slices to a paper towel-lined plate to drain. **MAKES 4 SLICES.**

Bam Burger With Chipotle, Tomato and Lime Aioli

In a large bowl, season meat with salt and pepper. Gently form into four 250-g

(8-oz) patties, being careful not to overwork meat. Cover patties and refrigerate until chilled, about 1 hour. Heat a grill to medium. Lightly oil grates.

Grill patties for 8 minutes, then flip them and grill for another 7 to 8 minutes for medium-rare to medium or until burgers are cooked to desired doneness.

Place a burger on the bottom of each of the four toasted buns, place a tomato slice on top of the burger, then a slice of fried mozzarella and 50 ml (1/4 cup) of the aioli. Dress the top bun with 15 ml (1 tbsp) of the aioli and place the bun on top.

MAKES 4 SERVINGS.
THE ASSOCIATED PRESS

Ingredients :

Aioli:

- 125 ml (1/2 cup) mayonnaise
- 1 canned chipotle pepper with adobo sauce, seeds removed
- Juice of 1 lime
- 15 ml (1 tbsp) tomato paste
- 15 ml (1 tbsp) minced basil
- 10 ml (2 tsp) chopped garlic
- 1 ml (1/4 tsp) salt

Fried Mozzarella Rounds:

- 50 ml (1/4 cup) all-purpose flour
- 4 large eggs
- 50 ml (1/4 cup) whole milk
- 500 ml (2 cups) panko breadcrumbs
- 250-g (1/2-lb) ball fresh mozzarella, cut into four 5-mm (1/4-inch) slices
- 250 ml (1 cup) olive oil

Bam Burger:

- 1 kg (2 lb) prime ground chuck
- 5 ml (1 tsp) salt
- 2 ml (1/2 tsp) ground black pepper
- 4 onion poppy rolls or large sesame-seed hamburger rolls, lightly toasted
- 1 beefsteak tomato, cut into four 5-mm (1/4-inch) slices
- 250 ml (1 cup) packed arugula leaves

THE ASSOCIATED PRESS

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Eat, pray then gelato!

► **Named for a saint and naturally tasting heavenly, San Crispino gelato already was a must for devotees of the Italian treat**

Beatrice gave Elizabeth Gilbert the buzz — “The Best Gelato In Rome” — San Crispino became enshrined in her how-I-found-the-real-me journey-memoir, *Eat, Pray, Love*. Fans have been making pilgrimages for melt-in-your-mouth inspiration ever since.

In the book that's now become a movie Gilbert

recounts her rapturous encounter, not once, but three times in one day, with the gelato. In a single, mouthwatering paragraph, she waxes enthusiastic about the flavours. First she had the honey and hazelnut combo, then she returned for a pairing of grapefruit and melon, and yet again for an exotic nightcap of cinnamon-ginger.

While playing just a bit part in the movie, gelato is getting a big boost from the film's ads, with Julia Roberts, who plays Gilbert, with a puckish look on her face and a cup of (presumably) San Crispino ice cream in her hand as she sits on a stone



► Left: Customers place their orders at the San Crispino in Rome, which has been enshrined by *Eat Pray Love* on the pilgrimage route to melt-in-your mouth pleasure. Right: A customer enjoys some gelato.



Sage words

► Nazzareno Giolitti, whose namesake grandfather first started dishing out gelato in the early 1900s, ventured that eating gelato is “a form of socialization. It's being together with a family.”

bench in Piazza Navona.

Gelato worshippers intent on finding this Roman temple of gelato, however, don't get much help from Gilbert. She doesn't say just where she had her San Crispino gelato.

Did love-at-first-lick

come on Via della Panetteria, a narrow street near Trevi Fountain?

Or at the San Crispino franchise — horrors! yes, the “best” gelato in Rome is franchised — on Piazza della Maddalena, a tiny square behind the Pantheon?

Or perhaps at the gelateria where the two brothers who founded San Crispino opened their first location, in 1992, on Via Acaia in the working class San Giovanni neighbourhood?

Wherever Gilbert had her gelato epiphany, “we

are happy we were cited in the book and especially that she liked our gelato,” Pasquale Alongi, one of the brothers, modestly said as lemons were squeezed for San Crispino's “limone” gelato in the “laboratory” on Via Acaia. **THE ASSOCIATED PRESS**



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Eating healthy — and economically friendly

Besides a roof over our heads, food is another necessary item that can take a big bite out of monthly incomes.

That is unless we discipline ourselves to keep track of what we spend on food, says Lucy Beale, co-author with Jessica Partridge of *The Complete Idiot's Guide to Eating Well on a Budget*.

“We wrote the guide because of the past few years of economic difficulties,” says the wellness coach, who worked with her daughter-in-law, a food historian, on the book.

“But it's the kind of book that is universal because

everybody could save money on food costs if they wanted to.”

Beale says that she has heard a family of three say their grocery bill can't be more than \$100 to \$200 a month “and they are wrong.”

“Just to buy paper and cleaning products and the normal things you need in the grocery store such as peanut butter and coffee adds up,” she says.

“And eating out, school and work lunches all have to be factored into the food budget before you can do anything with it.”

The two authors guide their readers through the

basic setting up of a food budget while reminding them to get the whole family involved to make it work well.

“One of the reasons many people can't keep the food costs down is because they are cooking less and less,” says Beale.

Consequently in the cookbook section of the guide they offer recipes which are “specifically easy to use, make and give fewer directions.”

“We also used ingredients that are often on sale or are more inexpensive.”

Beale says one of the best ways to save money on food is to cook at home.

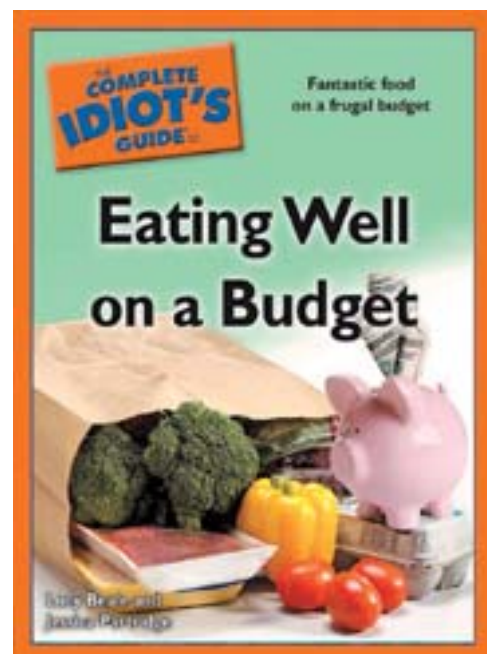
“One of the reasons many people can't keep the food costs down is because they are cooking less and less.”

LUCY BEALE

“If you make a lasagna, make two at the same time and freeze one so you have it on hand for another meal,” she suggests.

Food shopping at lower-cost supermarkets and farmers markets are also a good plan, Beale says, as the latter offers top-grade fresh produce.

THE ASSOCIATED PRESS



4 sports

Quoted



"To judge him on what happened the other night in terms of being reckless I would say is very unfair."

BRONCOS COACH JOSH MCDANIELS ON TIM TEBOW, THE ROOKIE QB ABSORBED SOME VICIOUS HITS IN HIS DEBUT SUNDAY AGAINST CINCINNATI.

"What he did the other night I hope all of our guys would have done, no matter who it was. Yeah, it's part of his game. But I'm sure he'll learn either the easy way or the hard way that you want to stay in this league as long as you can and we'll help him do that."

MCDANIELS



Scan code for more sports

NHL camp wraps up with intrigue



► Brendan Shanahan

Brendan Shanahan's goal with the NHL's research, development and orientation camp was to take a proactive approach to considering potential changes that could improve the game.

The league tested several modifications to its rules — some slight tinkering and some out of left field — during the two-day camp which wrapped up Thursday. The exercise gave league officials, team executives and players a chance

to see various ideas in action during live scrimmages. Shanahan, the NHL's vice-president of hockey and business affairs, thinks it was an important first step.

"I don't really feel like there's a finish line with this project," Shanahan said. "I think it's just a matter of collecting information that could come in handy tomorrow, or it could come in handy five or 10 years from now."

Long process

- Fans shouldn't expect to see changes to the game any time soon.
- The next scheduled GMs meeting is in November and the competition committee and board of governors would need to approve any potential proposals.

On Thursday, no-touch icing was in effect, teams

switched ends for overtime (creating a so-called 'long change' with the bench being farther away) and there was a five-man shootout instead of the usual three.

One change that generated some buzz was the use of an off-ice referee positioned on an elevated platform beside the boards. The goal was to create more room on the ice and provide a better vantage point to spot infractions.

THE CANADIAN PRESS

Lions won't dump staff like Eskimos

- Owner says Buono's job is safe
- No plan to bring in new coaches

Both teams are struggling with 1-6 records, but the B.C. Lions won't follow the Edmonton Eskimos path and make coaching changes in an attempt to fix its problems.

"There is no need to make changes in the coaching staff," Wally Buono, the Lions coach and general manager, said adamantly Thursday. "There is nothing wrong with what we are doing."

"What's wrong with what we are doing is the player's inability to execute what we are doing."

The Eskimos named Tim Prinsen as offensive line coach Wednesday after Jeff Bleamer was fired. Mark Nelson was hired as linebackers coach to replace former CFL star Dan Kepley, who abruptly quit.

Late last month the Eskimos fired general manager Danny Maciocia after the

"Wally is the general manager and head coach. He's going to stay in the position and he has my complete backing and trust"

LIONS OWNER DAVID BRALEY

team's only victory, a 28-25 win over the Lions.

Buono understands that when things go bad in sports it usually costs the coach their job. That's why he called Edmonton head coach Richie Hall this week to offer some encouragement.

"Here is a young guy that is going through hell," said Buono.

"Do we want to lose all our young coaches because everybody is willing to dump on people?"

THE CANADIAN PRESS



► Edmonton Eskimos head coach Richie Hall leads a team in turmoil.

Clemens charged with perjury

Seven-time Cy Young Award winner Roger Clemens was indicted by a federal grand jury Thursday for allegedly lying to Congress about using steroids and growth hormone.

The criminal case writes a new chapter in one of Major League Baseball's worst scandals, the rampant use of the banned substances.

A six-count indictment alleges that Clemens obstructed a congressional in-

quiry with 15 different statements that he made under oath in 2008, including denials that he had ever used steroids or human growth hormone. The indictment says that he lied and committed perjury regarding the same matters.

The former pitcher and his former trainer, Brian McNamee, testified under oath at a 2008 hearing before a House committee and contradicted each other

about whether Clemens had used performance-enhancing drugs.

McNamee has told federal agents, baseball investigator George Mitchell and the committee that he injected Clemens more than a dozen times with steroids and human growth hormone. Clemens has maintained that McNamee was lying, and said so under oath before the committee.

THE ASSOCIATED PRESS

Sports in brief

Harvin taken to hospital

NFL Minnesota Vikings wide receiver Percy Harvin was taken to a hospital by ambulance after collapsing at Thursday's practice, and coach Brad Childress said Harvin suffered another migraine headache attack.

Canucks ink Sweatt

NHL The Vancouver Canucks signed forward Bill Sweatt to a contract on Thursday. Sweatt, 21, led Colorado College in scoring in 2009-10, registering 33 points (15 goals, 18 assists) in 39 games. The six-foot native of Elburn, Ill., won a bronze medal with the United States at the 2007 world junior championships.

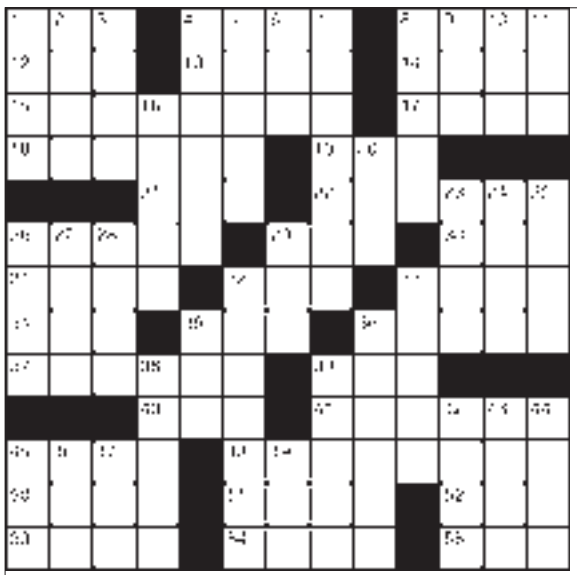
METRO NEWS SERVICES

Crossword

Across

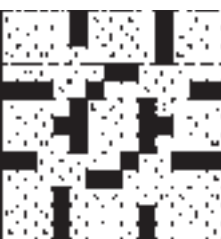
ACROSS

- 1 Actor Kilmer
- 4 Clay-rich soil
- 8 Picture of health?
- 12 Ostrich's cousin
- 13 Arm bone
- 14 100 cents
- 15 Paper
- 17 "Where have you —?"
- 18 With hands on hips
- 19 Expert
- 21 It may be faux
- 22 Tame
- 26 Go in
- 29 Megan or Michael J.
- 30 Has permission
- 31 Incite
- 32 White wine aperitif
- 33 Nephrite
- 34 Every iota
- 35 Slight touch
- 36 Exhaust pipe output
- 37 Museum tour guide
- 39 Spacecraft compartment
- 40 Comic Leno
- 41 Pass by
- 45 Lotion additive
- 48 Long-shoreman
- 50 Harmony
- 51 Levin and Gershwin
- 52 Journal
- 53 Nuisance
- 54 Say it isn't so
- 55 Ram's mate



- 5 Bread spreads
- 6 Massa-chussets cape
- 7 Corrida VIP
- 8 Mediterranean three-master
- 9 Regret
- 10 100 square meters
- 11 Thither
- 16 Called balls and strikes
- 20 "Friends" cast member
- 23 Mosque bigwig
- 24 Do 48-Across' job
- 25 Spud's buds
- 26 "Zounds!"
- 27 — contendere
- 28 Body powder
- 29 Mini-whopper
- 32 Shri! grasshopper
- 33 Actor Friedlander
- 35 "CSI" find
- 36 Sociable
- 38 Oust
- 39 Hickory nut
- 42 Wan
- 43 Winter forecast
- 44 Advantage
- 45 Venomous viper
- 46 Caustic solution
- 47 Switch positions
- 49 Tramcar contents

Yesterday's answer



Down

- 1 Sacred Hindu text
- 2 Uncontrollable
- 3 1960s White House daughter
- 4 Of the lower back

Today's horoscope

♈ Aries March 21-April 20 Your head is telling you one thing and your heart is telling you another and you know there can only be one winner. With Mars, your ruler, close to love planet Venus today feelings will count more than thoughts.

♉ Taurus April 21-May 21 No matter how much work you have on your plate you will get through it in record time today. Everything will go according to plan.

♊ Gemini May 22-June 21 If you are looking for love you will find it over the next 24 hours. Someone who is your perfect match in every way will come into your life and before you know it you will be an item. A match made in Heaven!

♋ Cancer June 22-July 22 The atmosphere on the home front will be excellent today, not least because you are full of life and laughter and love and your attitude rubs off on other people.

♌ Leo July 23-Aug. 23 Forget about your worries. Forget about your chores. The only thing you should be thinking about today is having fun. Make the most of the Sun in your sign to shine brighter than ever before — and that's pretty bright.

♍ Virgo Aug. 24-Sept. 22 There may be unexpected bills to pay over the next 24 hours but don't let it worry you because you'll find the cash somewhere.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♎ Libra Sept. 23-Oct. 23 Venus, your ruler, allied to Mars in your sign endows you with the kind of energy and spirit of enterprise that you wish you could hold on to every day of the year.

♏ Scorpio Oct. 24-Nov. 22 Something good is about to come into your life, something that has the potential to make your existence more enjoyable and rewarding.

♐ Sagittarius Nov. 23-Dec. 21 One of the best aspects of the year takes place today in the area of your chart that governs friendships and group activities. Don't hide yourself away at home or in the office — get out into the world where you can be seen.

Sudoku

2			1					
9		5		2	7			4
	4	7	6					
						6	2	
3		8				5		1
	7	2						
					2	9	3	
1			9	6		8		7
				3				5

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	4	8	2	6	7	3	1	9
7	1	3	8	9	5	4	6	2
2	9	6	3	1	4	5	7	8
9	6	2	5	3	8	1	4	7
8	3	1	4	7	6	9	2	5
4	5	7	9	2	1	6	8	3
3	8	5	1	4	2	7	9	6
6	2	4	7	5	9	8	3	1
1	7	9	6	8	3	2	5	4

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I, You mean everything to me...I think about you night and day! Please let me back in your life. Our future was meant to be spent together. Let's walk down that long, lonely road together and find some happiness. Still breathlessly waiting,
D

I would like to wish a Happy "Champagne" Birthday to my little sister Ashley on Aug 20/10. Happy 20th Birthday Ash, hope you have an AWESOME day. Can't wait to party tonight. Next year...VEGAS!! Love you lots!

— YOUR BIG SISTER BRENDA—

Erin, falling in love with you is so easy and natural. You have made this the best summer of my life! We have so much to be excited about for our future and I can't wait for our vacation next week!!!
XOXO IAN



Caption contest



"You should not have ate that Tuna sandwich for Lunch!!"
KEVIN NAIDU

WIN! You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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